

THE WELLBEING PROGRAM

The Wellbeing Program aims to enhance the mental, emotional and social wellbeing of students so they can remain engaged in their learning and reach their full potential.



With an increase in the number of young people affected by mental illness and family breakdown, Good Shepherd Australia New Zealand has expanded its early intervention and prevention programs to assist students, teachers and school communities.

Mental health concerns contribute greatly to the illness and injury experienced by 49 per cent of young people aged 15-24 years. The most common are anxiety disorders, mood disorders and substance abuse.

Why focus on wellbeing?

Leading research by Mission Australia shows that the key to improving mental health outcomes for young people is through awareness and early intervention programs in schools.

Training and support

Schools have identified a need for greater training and support in addressing the needs of young people with physical, mental, social and emotional problems.

Needs that have been identified	How the Wellbeing Program assists
Mental health and wellbeing support	Increase student wellbeing by providing early intervention and prevention programs.
Social-emotional development	Increase students' social skills so they can develop and maintain respectful and positive relationships.
Stretched student counsellor resources	Increase the number of students who have access to additional support.
Parents lacking skills to manage and support their child	Provide workshops for parents.
Conflict Resolution	Assist students and staff to resolve conflicts in a respectful way through mediation.
Support for staff facing increasingly complex student issues	Provide debriefing and workshops for staff so they feel more able to cope with student issues.
Professional development for teachers around adolescent mental issues and wellbeing	Provide workshops to teachers on relevant issues.
Consultancy support	Provide expertise to achieve the best possible outcomes for the whole school community.



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